

Cool, Calm & Confident

Journal

*How Quieting Your Mind Helps You Manage the Chaos  
Around You*



## Introduction

In a world full of stressors and distractions, it's more important than ever to try to find some calm. It can also be more difficult than it has ever been before. There are so many obligations on our plates, and we're often being pulled in multiple directions every day. However, creating calm truly is within your power.

All that's needed to make it happen is a positive mindset, along with some knowledge + resources that you already have at your disposal. Learning to remove physical clutter from your surroundings can be the first step. After that, getting rid of the mental clutter that's taking up space in your mind becomes a bit easier.

Discovering new habits like creating a minimalist wardrobe, incorporating exercise into your day, giving up multitasking, and creating a morning routine can go a long way toward helping you to find serenity. Taking time to read the inspirational quotes in this journal and writing down your thoughts can be a part of that morning routine. A lot of people call these "Morning Pages." Give it a try.

My Morning Pages

**"Calm mind brings inner strength and self-confidence, so that's very important for good health." - Dalai Lama**

How does this quote make you feel?

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What can you do today to help calm your mind?

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List some ways that this will benefit you personally:

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**"After a storm comes a calm." - Matthew Henry**

How does this quote make you feel?

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What storm are you going through, or have just gone through?

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What helped you weather the storm?

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**"Getting stress out of your life requires more than prayer alone. You must take action to make changes and stop doing whatever is causing the stress. You can learn to calm down in the way you handle things." - Joyce Meyer**

How does this quote make you feel?

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What action will you take today to cut out some stress?

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List some things you can work to handle more calmly:

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**"Every breath we take, every step we take, can be filled with peace, joy and serenity." - Thich What Hanh**

How does this quote make you feel?

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What does peace, joy, and serenity mean to you?

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**“To become mindfully aware of our surroundings is to bring our thinking back to our present moment reality and to the possibility of some semblance of serenity in the face of circumstances outside our ability to control.” - Jeff Kober**

How does this quote make you feel?

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What can you do today to be more mindful?

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List some ways that this will benefit you personally:

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**"The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom." - James Allen**

How does this quote make you feel?

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What can you do today to help calm your mind?

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List some ways that this will benefit you personally:

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**"Calmness is the cradle of power." - Josiah Gilbert Holland**

How does this quote make you feel?

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What do you think it means?

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**"When adrenaline strikes, that's when you have to be the most calm. Take a step back, stay strong, stay grounded and press on." - LL Cool J**

How does this quote make you feel?

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What can you do today to help calm your mind, even when you're feeling anxious?

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List some ways that this will benefit you personally:

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**"I learned that a long walk and calm conversation are an incredible combination if you want to build a bridge." - Seth Godin**

How does this quote make you feel?

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Who do you have in your life that you may need to do this with?

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List some ways that this will benefit you personally:

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**"The secret of success is to be in harmony with existence, to be always calm, to let each wave of life to wash us a little further up the shore." - Cyril Connolly**

How does this quote make you feel?

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What can you do today to help calm your mind?

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List some ways that this will benefit you personally:

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**"Mistakes and pressure are inevitable; the secret getting past them is to stay calm." - Travis Bradberry**

How does this quote make you feel?

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What can you do today to help calm your mind, even when you're feeling pressure?

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List some ways that this will benefit you personally:

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**"It would be lovely to live in a culture where calmness was the aim." - Matt Haig**

How does this quote make you feel?

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List some ways that this will benefit you personally:

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**"The biggest thing as I've gotten older is the calmness  
that's come over me." - Jason Giambi**

How does this quote make you feel?

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What can you do today to help calm your mind?

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**"He who has faith has an inward reservoir of courage, hope, confidence, calmness and assuring trust that all will come out well – even though to the world it may appear to come out most badly." - B.C. Forbes**

How does this quote make you feel?

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What do you have going on in your life that you feel will turn out okay?

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Envision the outcome:

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**"Sometimes you just have to calm down a bit and let the system work itself." - Blake Griffin**

How does this quote make you feel?

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What can you do today to help calm your mind?

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**"There is a kind of serenity in love which is almost a paradise." - Alain Badlou**

How does this quote make you feel?

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What can you do today to show love to someone?

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List some ways that this will benefit you personally:

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**"I don't feel pressure in a negative way. I like pressure. I feel excitement and calm at the same time. No pressure, no diamonds. I want pressure. Pressure creates drama, creates emotion." - Conor McGregor**

How does this quote make you feel?

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What can you do today to work alongside the pressure you have on you?

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List some ways that this will benefit you:

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**"Stay calm and aggressive. " - Gabrielle Reece**

How does this quote make you feel?

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Being calm doesn't mean being walked on. What are some areas or situations in your life where you need to hold steadfast?

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List some ways that this will benefit you personally:

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**"The pursuit, even of the best things, ought to be calm and tranquil." - Marcus Tullius Cicero**

How does this quote make you feel?

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What can you do today to help calm your mind?

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**"Serenity is knowing that your worst shot is still pretty good." - Johnny Miller**

How does this quote make you feel?

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What have you felt down about lately (your "worst shot")?

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How can you turn that around and see the positive? What turned out to be pretty good about that situation?

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**"The thing we're all looking for is happiness, and if we achieve just a modicum of that or even a little piece of serenity, even for five minutes a day, we're very lucky."**

**Mel Gibson**

How does this quote make you feel?

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List some things that make you happy!

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List some things in your life right now that you're grateful for:

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**"Habit allows us to go from 'before' to 'after,' to make life easier and better. Habit is notorious – and rightly so – for its ability to direct our actions, even against our will; but by mindfully shaping our habits, we can harness the power of mindfulness as a sweeping force for serenity, energy and growth." - Gretchen Rubin**

How does this quote make you feel?

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What can you do today to create a good habit?

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How will this benefit your routine?

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**"Power is so characteristically calm, that calmness in itself has an aspect of strength." - Edward G. Bulwer-Lyfton**

How does this quote make you feel?

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What can you do today to help calm your mind?

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List some ways that this will make you stronger:

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**"In your madness, you have to find calm." - Lupita Nyong'o**

How does this quote make you feel?

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What is a situation you've been upset or worried or annoyed by?

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What can you do today to help calm your mind?

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**"I have learned to like myself for the first time and to find some serenity." - Keith Miller**

How does this quote make you feel?

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List some things that you like about yourself:

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Why do you like those traits?

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**"Vows made in storms are forgotten in calm." - Thomas Fuller**

How does this quote make you feel?

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Can you relate to this at this time in your life?

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**"The ability to remain calm and focused in stressful situations is central to making positive decisions." - Goldie Hawn**

How does this quote make you feel?

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List some ways you are able to calm yourself and focus:

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**"Fear cannot be banished, but it can be calm and without panic; it can be mitigated by reason and evaluation." - Vannevar Bush**

How does this quote make you feel?

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What is a situation you are afraid of lately?

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What can you do today to help calm your mind? Evaluate and reason out the situation:

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